

Chicken

Tater-Topped Chicken Casserole

Betty Crocker Best-Loved Casseroles

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 5 minutes

1 bag (24 oz) frozen broccoli, carrots, cauliflower and cheese-flavored sauce

2 cups cooked chicken, diced

4 medium (1/4 cup) green onions, chopped

1 bag (32 oz) (4 cups) frozen potato nuggets

1/2 cup (2 oz) Cheddar cheese, shredded

Preheat oven to 375 degrees.

In an ungreased 2-quart shallow casserole, place the vegetable mixture.

Microwave on HIGH for 3 to 5 minutes, stirring once, until thawed. Stir well until cheese sauce is melted.

Stir in the chicken and three tablespoons of the green onions. Top with the frozen potato nuggets.

Bake, uncovered, for 40 to 45 minutes or until bubbly around the edges and potato nuggets are golden brown.

Sprinkle with the cheese and remaining green onion.

Bake 5 to 10 minutes longer or until cheese is melted.

Per Serving (excluding unknown items): 122 Calories; 5g Fat (39.9% calories from fat); 17g Protein; 1g Carbohydrate; trace Dietary Fiber; 50mg Cholesterol; 96mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.